

History of Birth with Nutrition Related Congenital or Birth Defect (AK 34-USDA 339)

Explain to Participant

You're enrolled in the WIC program today because you have a baby with a congenital or birth defect from a previous pregnancy. The single greatest risk factor for a pregnancy with a neural tube defect is a personal or family history. You can reduce the chances of this happening again by about 50% by taking folic acid before getting pregnant and eating right before and during the new pregnancy.

Goal

The goal is to prevent births with congenital defects and to educate WIC participants about the benefits of making good food choices of high nutritional quality.

Suggestions for Reducing Risk

Follow the recommendations of your health care provider.
Explain the nutrition education materials suggested.
Refer participant to a Registered Dietitian (RD).
Eat a variety of foods from all the food groups every day.
Take 400 micrograms (mcg) of folic acid every day.
Drink 8 glasses of water every day.

Nutrition Education Material Suggested

Folic Acid-Did you get your folic acid today?

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information

Foundation For Fitness...for Your Special Delivery